



# YIN MEDITATION WORKSHOP

autumn zen session

May 7th

1pm - 3.30pm

each season brings its special energetic quality

autumn is a transformational period  
a time of releasing the old  
purifying and storing vital resources for winter

its time to let go, make space and be clear in the present

in autumn nature sheds what is no longer needed  
purification and refinement are fine tuned  
discovering pure essence and quietude

in this workshop, students mindfully explore yin practices  
specifically related to autumn, restoring inner harmony through  
metal element and Vata dosha practices:  
lungs, breathing, prana flows, calming nervous system  
and improving immunity.

come explore the gentle meditative side of yoga  
with autumn themes

\$50 live on zoom

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